

Keep It Funky

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Jill Weiss (USA) - October 2024
音樂: Keep It Groovin' - Extreme Music : (Album: Superfunk)



No tags/restarts!

Intro 16 counts, start with lyrics

Alt Song: It Feels Good by Drake White (restart 3rd rotation, after 16 counts)

Alt Song: It Had To Be You by the Overtones (no tags/restarts)

K STEP (WITH CLAPS), END WITH SCUFF FORWARD

- 1-2 Step R forward to right diagonal, touch L next to R with clap
- 3-4 Step L back to left diagonal, touch R next to L with clap
- 5-6 Step R back to right diagonal, touch L next to R with clap
- 6-8 Step L forward to left diagonal, scuff R forward (clap optional)

SHUFFLE FORWARD, FORWARD ROCK, BACK DRAG, STOMP (NO WEIGHT)

- 1&2 Step R forward, step L next to R, step R forward
- 3-4 Rock forward on L, replace weight back to R
- 5-6-7-8 Big step back on L (5), drag heel of R back (6-7) Stomp R next to L (no weight) (8)

HIP BUMPS

- 1&2, 3&4 Bump hips R – L – R, then L - R - L
- 5&6, 7&8 Bump hips R – L - R, then L – R - L

(or any combination of hip bumps or rolls that will keep it funky! End weight on L)

PIVOT TURNS/HIP ROLLS, JAZZ BOX WITH A CROSS

- 1-2 Step forward R, pivot 1/8 rolling hips counterclockwise, weight to L
- 3-4 Repeat 1-2 (9:00)
- 5-6-7-8 Cross R over L, step back on L, step R next to L, step L in front of R

ENDING: Wall 13 (3rd time starting at 9:00), dance through hip bumps, do the pivots as ½ and ¼ to 12:00 on counts 25, 26, 27 and 28. Ta da!

Have fun and keep it funky!

All rights reserved, do not change this stepsheet without choreographer's permission.
Questions, please contact Jill Weiss at jill@freespindance.com

Last Update: 15 Oct 2024